

COACHES CORNER

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Vol Nineteen September 2017

JACK ROLLING DRILL

Equipment-: two rinks- one mat- two or four jacks- eight CD's or eight half tennis balls.

Aim -: Roll jacks to finish in a designated zone at various lengths.

Set Up -: Using the two rinks-

First Rink-

Place one CD or T/Ball one mat short of the "T" and one CD on the "T", place your mat at the other end behind the "T", play your two or four jacks to be no further than one mat length from the target. You can score a point for each jack inside the one mat distance.

On the other end of rink, one set up a CD one mat short of the "T" and one CD on the "T", and place your mat one mtr. From the minimum mark. Play back down the rink your two or four jacks take your score and move over to the second rink.

Second Rink-

Place a CD on the 21 mtr. Mark and another CD one mat from other CD, place your mat on the "T" and play your two or four jacks, score your end between CD's and move to other end of rink two.

Place CD five mtrs. From "T" and the other CD one mat length away, place your mat 4 mtrs in from the "T" and play your two or four jacks, take your score and move back to rink one and continue for another two rounds. Keep your score so when you have ago at the same exercises next time you have a score to refer to see if you have improved.

(Set up CD's or Tennis/Balls just of the centre line)

I wish you well and hope you challenge yourself to the best level that you can achieve.

GOOD BOWLING.